



# ALCOHOL & NARCOTICS

## OVERDRINKING & ABUSING



*Bagging the Binging  
Conquering the Chronic  
Overthrowing the Overdose*

### FACT

Sandy (Center) has the #9 highest alcohol binge drinking among adults.

Sandy (North East) has the #10 highest alcohol chronic drinking among adults.

The opioid overdose mortality rate is highest among 45-54 year olds in Salt Lake County.



# PREVENTION & INTERVENTION

*It Takes a Village*

## RESOURCES

**CENTER FOR DISEASE CONTROL AND PREVENTION**  
[www.cdc.gov/alcohol/index.htm](http://www.cdc.gov/alcohol/index.htm)

**SUBSTANCE ABUSE & MENTAL HEALTH SERVICE ADMINISTRATION**  
[www.samhsa.gov/prevention](http://www.samhsa.gov/prevention)

**DIVISION OF SUBSTANCE ABUSE AND MENTAL HEALTH**  
[dsamh.utah.gov/prevention/](http://dsamh.utah.gov/prevention/)

## TIPS

Everyone can contribute to the prevention of excessive alcohol use, illicit drug use and the misuse of prescription drugs. You can:

- Choose not to drink too much yourself and help others not do it.
- If you choose to drink alcohol, follow the U.S. Dietary Guidelines on moderate alcohol consumption (no more than one drink per day for women and no more than 2 drinks per day for men).
- Not serve or provide alcohol to those who should not be drinking, including children or teens and those who have already drank too much.
- Safely store and properly dispose of all prescription medications.
- Do not share prescriptions drugs with others.
- Talk with your health care provider and/or request counseling for substance abuse disorders.



# PREVENTION & INTERVENTION

## LOCAL RESOURCES

### SLCO HEALTH DEPT

[slco.org/health/substance-abuse-prevention/](http://slco.org/health/substance-abuse-prevention/)  
Substance Abuse Prevention Program | 385-468-5319  
2001 South State Street, Suite S2-600 | PO Box 144575 | Salt Lake City, UT 84104-4575

### INTERMOUNTAIN HEALTHCARE - RETHINK YOUR DRINK

[intermountainhealthcare.org/ext/Dcmnt?ncid=526795299](http://intermountainhealthcare.org/ext/Dcmnt?ncid=526795299)

### FIRE & POLICE

Sandy Police Department | 10000 S Centennial Pkwy Suite 111  
Sandy, Utah 84070 | Office Phone: 801-568-7200

Fire Station 31 | 9010 South 150 East  
Sandy, Utah 84070 | Phone: (801) 568-2930

### SANDY CLINIC PHARMACY - INTERMOUNTAIN COMMUNITY PHARMACY

Safely dispose of your leftover or expired opioids by using a medication drop box.  
These permanent community collection sites are FREE and can be found at  
law enforcement agencies and participating pharmacies across the state.  
9500 S 1300 E, Sandy, UT 84094 | 801-501-2525  
Hours: Monday–Friday, 9 a.m. to 5:30 p.m.